



TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE

IT STARTS IN
PARKS
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

Monday 3/29/21		Tuesday 3/30/21	
Times	CLASS INFORMATION	Times	CLASS INFORMATION
10:00 - 11:00	Class: <u>Toning with Weights</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> <u>This week class has been canceled, class will resume on 4/5</u>	Click Here: Canceled	Click Here: Register in advance for this webinar
6:00 - 7:15	Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar	Click Here: Register in advance for this webinar
Wednesday 3/31/21		Thursday 4/1/21	
Times	CLASS INFORMATION	Times	CLASS INFORMATION
8:30 - 9:30	Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar	Click Here: Register in advance for this webinar
10:00 - 11:00	Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar	Click Here: Canceled
11:00 - 12:00	Class: <u>Trivia Games</u> Instructor: <u>Stanley Flax</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar	Click Here: Register in advance for this webinar
6:00 - 7:15	Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar	



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Friday		4/2/21	Saturday		4/3/21
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
	Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar		Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar
8:30 - 9:30			9:00 - 10:00		
	Class: <u>Pilates</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar		Class: <u>Jazz Fusion</u> Instructor: <u>Charles</u> Age Group: <u>7 – 12 years old</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar
6:00 - 7:15			3:00 - 4:00		
				Class: <u>Hip Hop</u> Instructor: <u>Charles</u> Age Group: <u>7 – 12 years old</u> Host: <u>P&R Staff</u> <u>Check for email confirmation containing info about joining the meeting</u>	Click Here: Register in advance for this webinar
			4:15 - 5:15		